

a1
(cont)

substantial resistance to the impact of a golf club to impose muscular strain on the golfer for muscle development but being limited in mass to allow the head of the golf club to swing the object sufficiently for the golf clubhead to ultimately pass under the object and allow the golfer to complete the follow-through of the golf swing.

530 B3

a2

24. (Amended) A golf practice and exercise device for use with a golf club, comprising an object resting on the ground or floor in position for being struck by a golf clubhead during a normal swing of said golf club, said object having a golf clubhead impact surface of a size at least that of the corresponding surface of a softball to provide a large target so that the golfer can swing said golf club freely without concentration on striking the small target of a golf ball, said object being of a mass at least that of a softball to provide substantial resistance to the impact of a golf club to impose muscular strain on the golfer for muscle development but being limited in mass to allow the head of the golf club to move the object sufficiently to allow the golfer to complete the follow-through of the golf swing, and a flexible cord secured to said object and to the ground or floor to limit the distance said object can move after it has been struck.